

FIG. 1

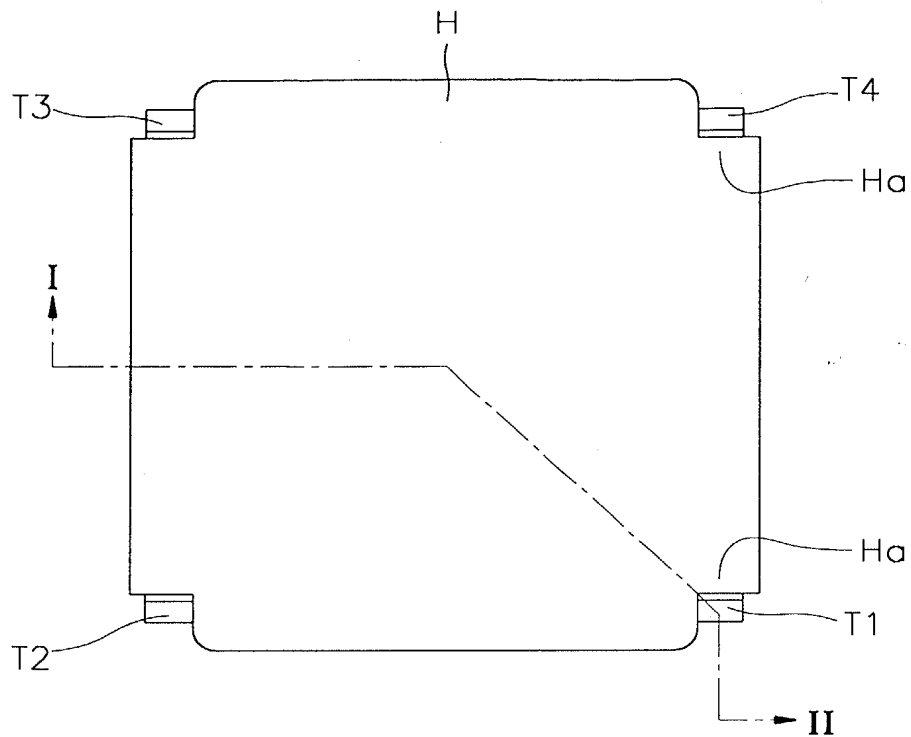
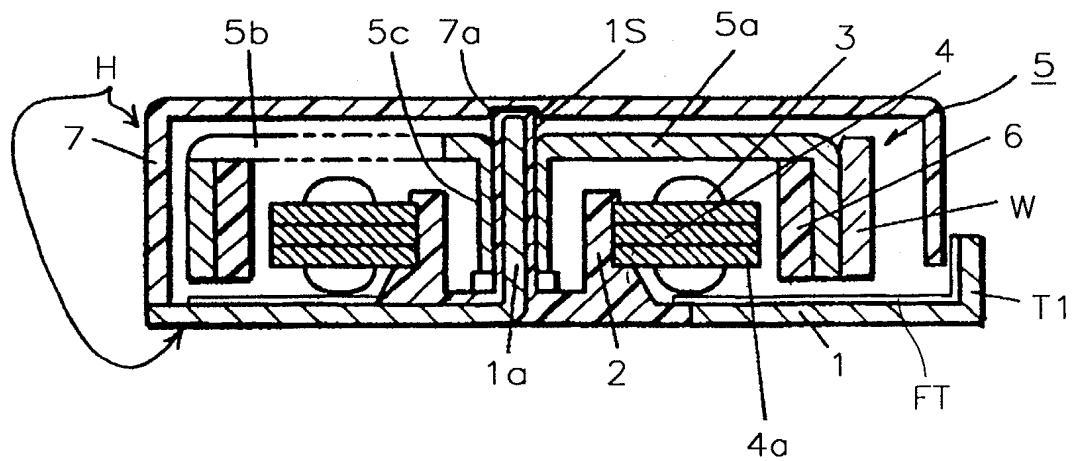
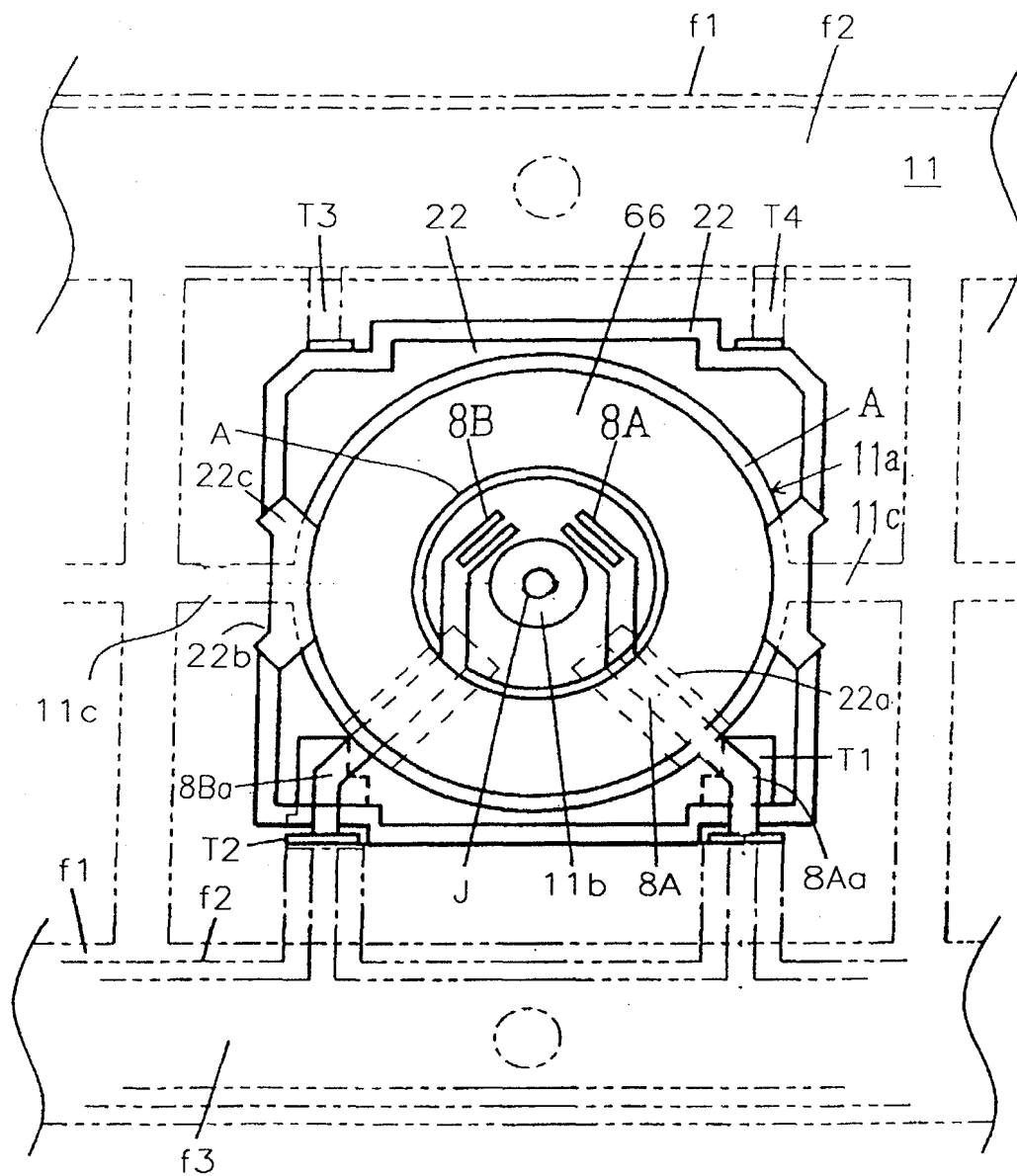
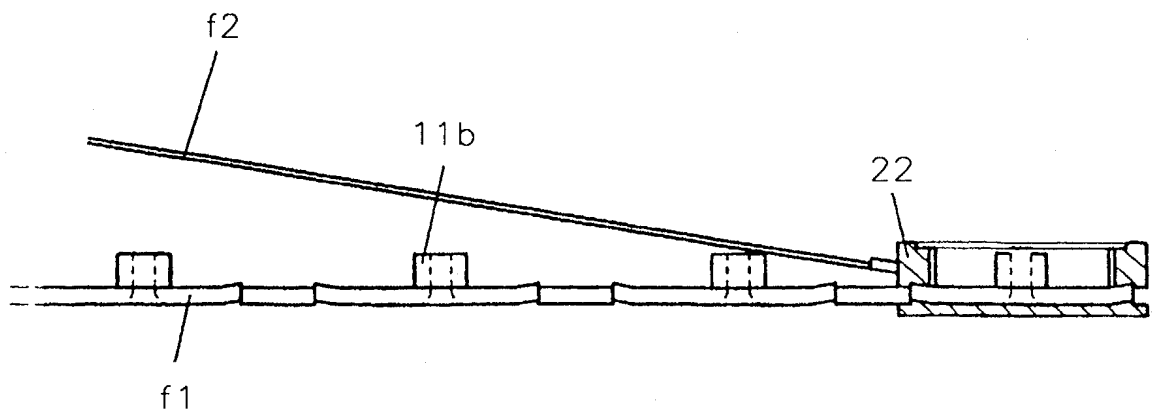


FIG. 2



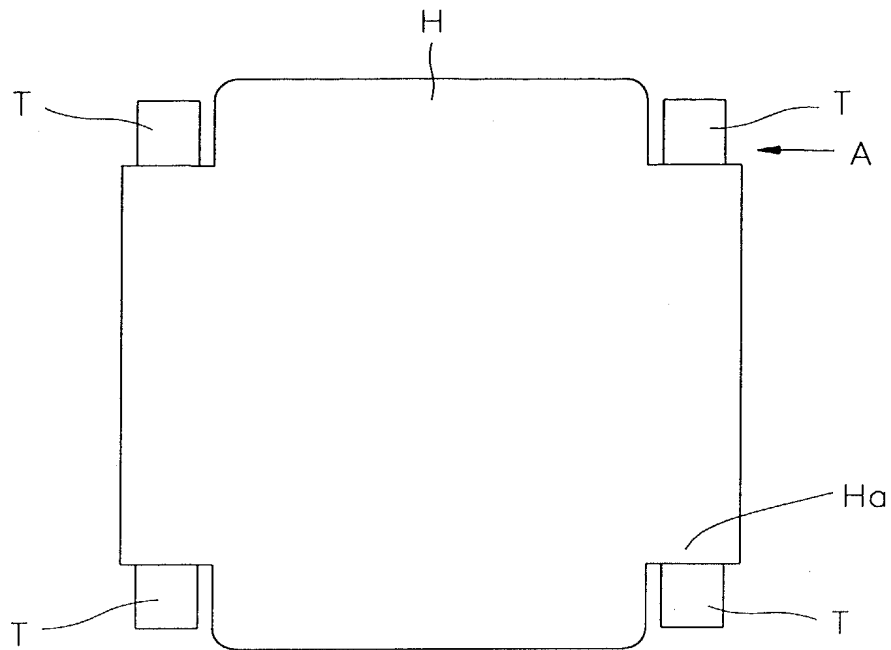


**FIG. 4**



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**FIG. 5A**



**FIG. 5B**

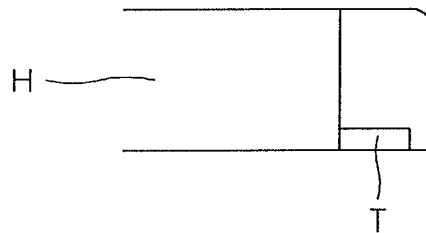


FIG. 6A

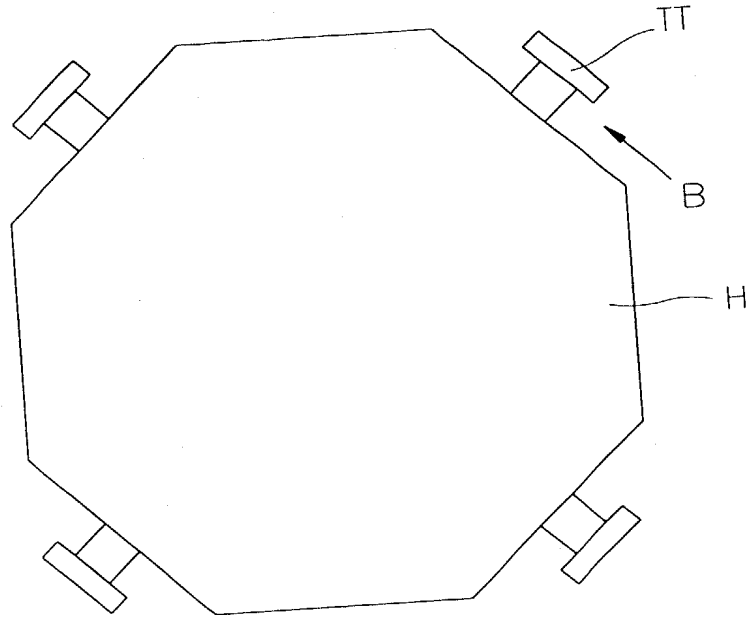
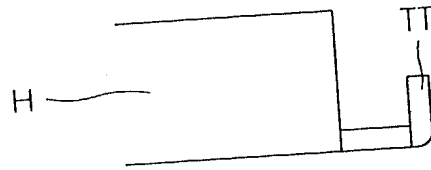
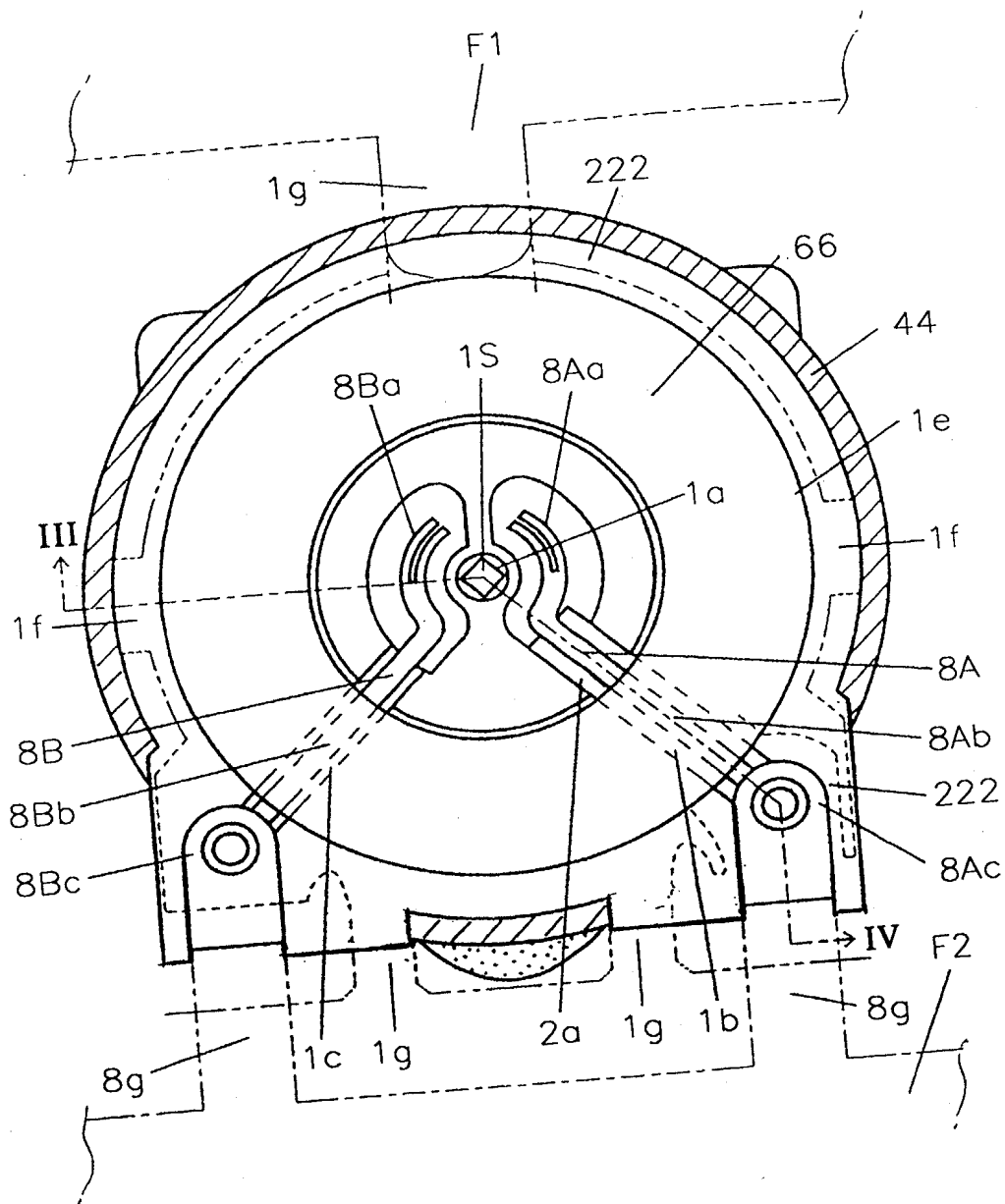


FIG. 6B





**Table 1.** Mean values of the variables measured during the 60-min test

	Mean ± SD	Range
Age (years)	27.8 ± 3.9	20–39
Height (cm)	178.2 ± 6.5	165–190
Weight (kg)	75.2 ± 10.5	58–100
BMI (kg m <sup>-2</sup> )	23.2 ± 2.8	18.5–30.0
VO <sub>2max</sub> (l min <sup>-1</sup> )	3.8 ± 0.4	2.8–4.8
VO <sub>2max</sub> (ml kg <sup>-1</sup> min <sup>-1</sup> )	50.2 ± 5.5	38–65
HR <sub>max</sub> (beats min <sup>-1</sup> )	185 ± 10	165–200
HR <sub>rest</sub> (beats min <sup>-1</sup> )	72 ± 8	60–85
HR <sub>mean</sub> (beats min <sup>-1</sup> )	155 ± 12	135–175
HR <sub>peak</sub> (beats min <sup>-1</sup> )	180 ± 15	160–200
HR <sub>diff</sub> (beats min <sup>-1</sup> )	108 ± 10	90–125
HR <sub>rel</sub> (%)	85.5 ± 3.5	75–95
HR <sub>rel</sub> (beats min <sup>-1</sup> )	158 ± 10	140–175
HR <sub>rel</sub> (beats min <sup>-1</sup> )	180 ± 12	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	105 ± 10	90–125
HR <sub>rel</sub> (beats min <sup>-1</sup> )	155 ± 10	140–175
HR <sub>rel</sub> (beats min <sup>-1</sup> )	175 ± 15	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
HR <sub>rel</sub> (beats min <sup>-1</sup> )	150 ± 10	140–175
HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
HR <sub>rel</sub> (beats min <sup>-1</sup> )	150 ± 10	140–175
HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
HR <sub>rel</sub> (beats min <sup>-1</sup> )	150 ± 10	140–175
HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
HR <sub>rel</sub> (beats min <sup>-1</sup> )	150 ± 10	140–175
HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
HR <sub>rel</sub> (beats min <sup>-1</sup> )	150 ± 10	140–175
HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
HR <sub>rel</sub> (beats min <sup>-1</sup> )	150 ± 10	140–175
HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
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HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
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HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
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HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
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HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
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HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
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HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
HR <sub>rel</sub> (beats min <sup>-1</sup> )	150 ± 10	140–175
HR <sub>rel</sub> (beats min <sup>-1</sup> )	170 ± 15	160–200
HR <sub>rel</sub> (beats min <sup>-1</sup> )	100 ± 10	90–125
HR <sub>rel</sub> (beats min <sup>-1</sup> )	150 ± 10	140–175

FIG. 8

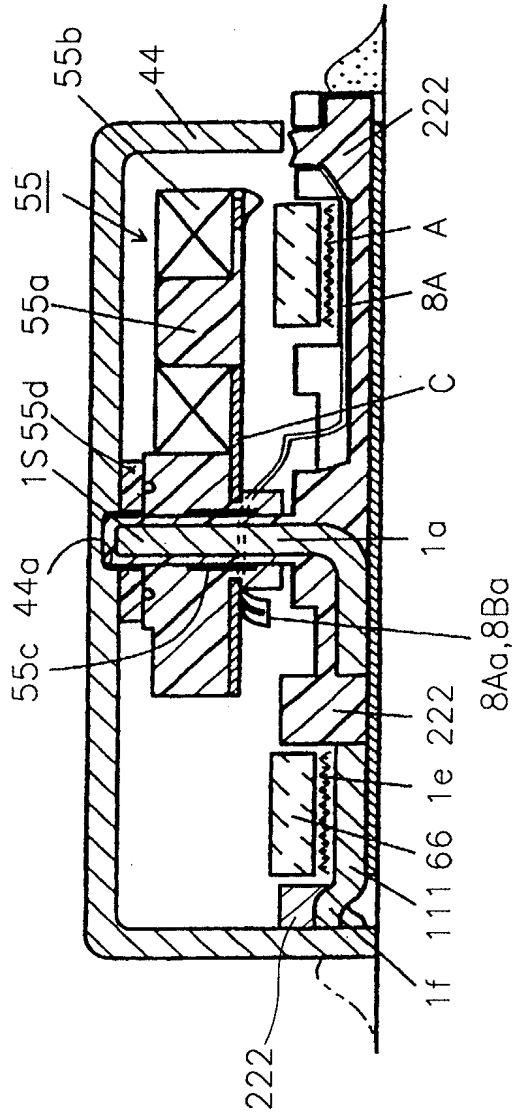


FIG. 9

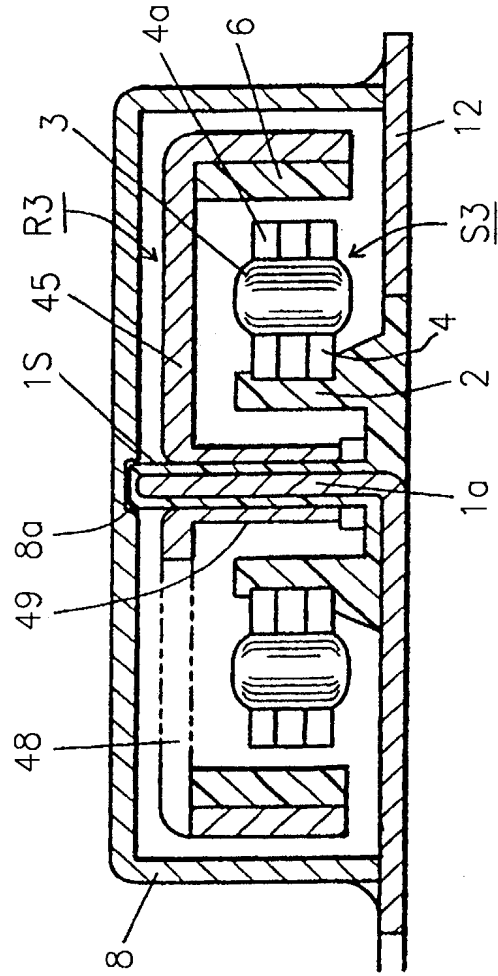


FIG. 10

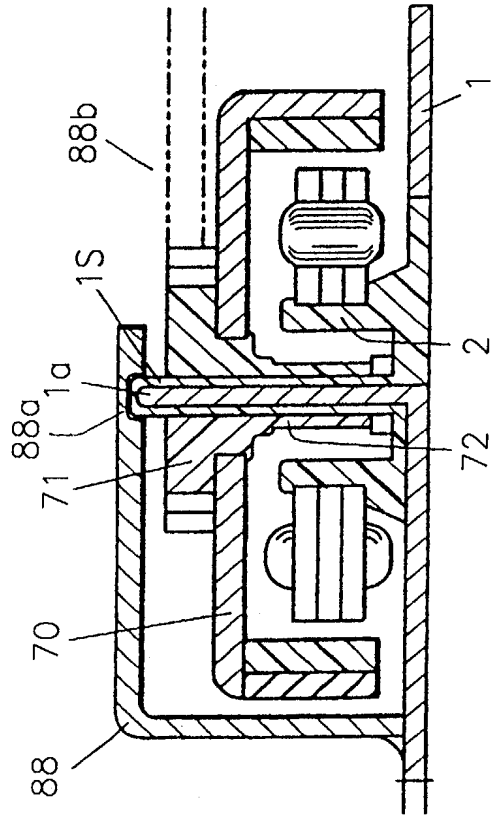


FIG. 11

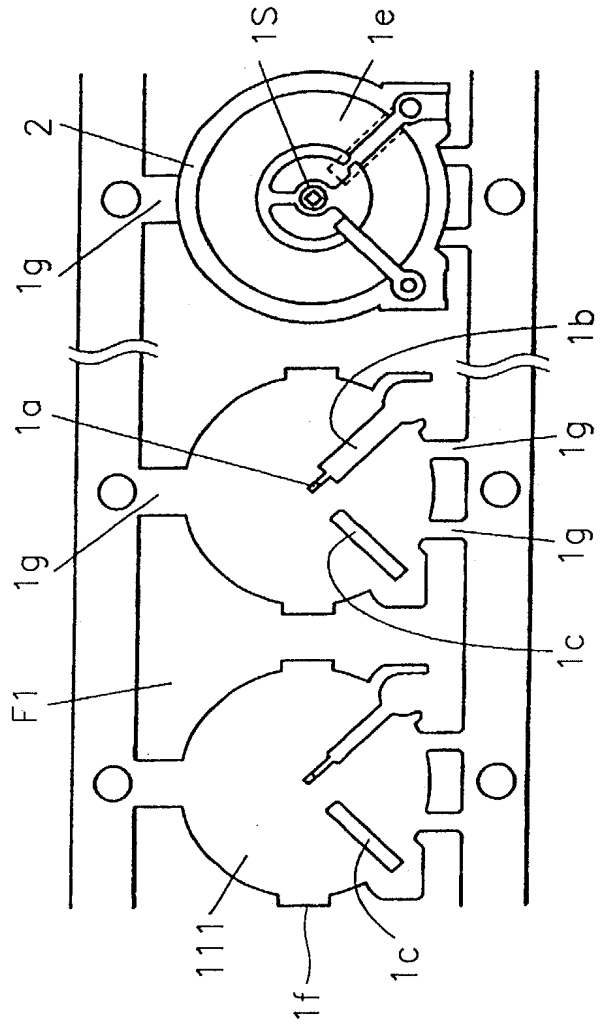




FIG. 12

